

2022 Eckhart Tolle Breaking the Habit of Negative Thinking and Self-Talk Audiobook

[Speaker 2] (0:17 - 0:27)

Eckhart teachings present breaking the habit of negative thinking and self-talk with Eckhart Tolle and now session one.

[Speaker 1] (0:53 - 55:48)

So it seems we are going to spend the afternoon together for the whole afternoon with a short break listening to a man sitting on a chair talking it seems a little strange, how could that be interesting? There must be something extraordinarily important in what he has to say to keep you here and that is true but of course there needs to be something in you that recognizes that there's something extraordinarily important, not in the person speaking but ultimately in you. So that recognition needs to be there in you and that's nothing to do with how much knowledge you have, spiritual knowledge or accumulated education or PhDs or degrees, nothing to do with that kind of mental faculty.

There is another faculty in humans that in most humans on the planet is as yet dormant and in some a growing number of humans has awakened, I call it faculty, something a dimension of consciousness that's different from the prevailing ordinary dimension of consciousness on the planet. So that's a spiritual awakening that is the next step in human evolution because humans have not come to the end of their evolution the humans are a work in progress it's not finished yet it would be terrible imagine that humans as they are now a finished product crazy and that's why some people because they have misperceptions about humans and they have misperceptions about God and then they say how could God allow all this to happen all this this is based on two misperceptions that humans are a finished product created by God a long time ago and that God is a patriarchal figure controlling things from above or has lost interest completely and walked off maybe somewhere else because he realized that he didn't do a good job so the our afternoon here works on two levels there's the level of words and thoughts and that is necessary but more importantly there is that to which the words and thoughts that underlie the words point and that is the essence of our gathering here and that to which they point is the essence of who you are and the purpose of our afternoon is to either awaken or in the case of many of you to deepen the realization or the connectedness with who you truly are and when I say truly I mean in the depths of your being and I mean a dimension that is deeper than your personal history and most humans are completely unaware that there is a dimension of consciousness in them that is deeper than their personality their personal self so they are trapped on the surface level of reality and that is not a pleasant place to be you are basically then trapped in your conditioned personality the person the egoic self and you know somehow you know that there is something not right you know somewhere instinctively you know there's

something so important that's not here yet and that's missing in my life there's something wrong and how humans interpret that mentally what they perceive or feel to be wrong varies from person to person one person might say what's wrong is that all humans don't have the same religion that we have there's something deeply wrong so we need to either convert them or kill them or other humans say there's something deeply wrong about society they project it outward of course there's a lot wrong with society but there's what is society it's the sum total of the individuals there's something deeply wrong with what I with my personal history it's so unsatisfying why why did so many things go wrong in my life things that weren't supposed to happen I imagined things going very differently failed marriage and divorce and all this dreadful suffering and then there was the illness and then there was that and then there were great achievements and then there were again the opposite something is looking for the next thing to feel fulfilled by possessions recognition something missing is always something missing what they don't know is that what is missing what they look for outside or they blame others for preventing them from finding it you can blame entire groups of people for making you feel unfulfilled it's a very common thing these days and very satisfying to the false sense of self because if you can see yourself as a victim either on a personal level or collective level that gives you a somewhat satisfying sense of identity satisfying in a completely non-satisfying way it's a paradox you feel good about feeling bad the more you can complain about others and the better you feel but it's bad but the ego thinks it's better and you feel now you know who you are more fully it's a fiction so you can you can emphasize your victim identity on the personal level to give you some kind of stronger sense of self or you can emphasize your identity as the one who is victorious in the world me the ego doesn't mind which one they're both equally strong and equally false usually ego the egoic self is interpreted by people as people who have a high sense of exaggerated sense of who they are who think they're better than others and that is one aspect of ego but there is another aspect of ego which is equally strong and that is people who have a self-image a self-identity of being more of a victim than somebody else or others oh that works too so whichever is most convenient to you you can use that so people use all kinds of things to create a more satisfying sense of identity for themselves but it's all in the head it's ultimately all consists of the structure of thought and that is what i call to be trapped on the level of the person or the personality another way of putting it is to be to be trapped on the level of form the form of who you are which is the physical and the psychological form of who you are the me me and my story me and my personal history and then all the conditioning the opinions and viewpoints and convictions and through which you interpret everything according to the conditioning of the personality then you look at things and you immediately have immediately labeled things and situations and people as they come into your perception there's the immediate labeling and you think it's all true you don't realize that you are looking at reality truth through a veil of your conditioned mind and really what you're seeing is the veil of your conditioning and there's something there behind it but you can't clearly see it at all it's a dreadful state to be in but it's normal this is why i

sometimes say normal equals insane so and this is not such a fundamental question the question of identity is the most important question in your life who am i and you know that you know that it's important but you don't know where your true identity is because at school nobody taught you should be the most important thing that children are taught discover your essence identity is that a subject at school i haven't heard of it never come across it so your form identity relies on external things you compare yourself to others and according to what is most appropriate you emphasize those aspects of your form identity where you swear you are a little bit superior to others and that's where the ego gets in and forms a mental construct it could be the history of your family as you come from a family not so much in the new world here but in the old world to some extent a little bit still in europe even more so in some more traditional cultures you think back you have your family history your ancestors and you have this long line of your ancestors going back and they're all more important than the rest of the population and you have come out of this long line of ancestry and that gives you your identity you might even have a title in some countries they still have titles so you grow up here and your 10 year old girl is told oh your name is lady so-and-so oh now if you're trapped in that to get out of that not easy you've been given that sense of specialness and you that's so the the main the core of your identity lies then in your ancestry and it can have you in its grip until you're on your deathbed and you never know that you are trapped in an illusory sense of identity now most people don't have that but they may have other things they may have more possessions than others from their family or they may have achievements in that they came out of nothing and then they achieved this that and that and then they identify with the material achievements and so on possessions and that can give you a great sense of identity too never satisfying for long that's the thing there's always this element of unsatisfactoriness of something really important is missing and even if you're if you have an aristocratic title lady diana for example going back she was not fulfilled by her title and her ancestry which goes back hundreds of years and but was very unhappy and this is quite normal that you have that identity but you're and you're trapped in it and you are there's always in the background the unhappiness and then of course you might have a body that's more beautiful than others then you can focus on that and that gives you a sense of superiority towards others so and that's a temporarily a nice thing and then as the years pass a day will come when you look in the mirror and something has changed that beautiful body has shrunk or expanded whatever the case may be i saw the other day in in sidley walking along the harbor front on a beautiful sunny morning pleasant not hot less warm than it is here people walking and there was one man who had taken off his shirt and he was walking through these crowds of people and the strange coincidence is that this man of course must have been so hot in this weather that he felt compelled to take off his shirt but but by a strange coincidence he had the most wonderful physique extremely muscular and just very impressive and many and many people looked and some tried not to look and just glanced and you could see how satisfying it was for him to walk through there so he was lucky that he felt so hot that he had to take off his shirt and of course there will

there will have been other egos ego identities walking and looking at him who felt diminished by looking it's normal for the ego it felt diminished and so and then looked the other way i'm not going to look at him so it's normal for the ego to feel diminished if because it always compares itself to others and then the ego sometimes tries to compensate again you have to arrange your identity somehow then he tries to compensate for this diminishment for example by saying by just a few thoughts compensate for the diminishment of the ego and they're all it's all unconscious thinking for example the thoughts go oh look at that beach bum there i bet all he does is hang around the beach every day and surfing not a thought in his head okay then that makes you feel better for a little while if you're in your big car you can feel superior towards others and then others will look but then there may be a man on a bicycle he's looking at you in your big car and say look at this materialist whereas i am completely non-attached to these things and i'm totally happy on my bicycle because i'm beyond these things and that's a very subtle so-called spiritual ego you can feel superior because you're more spiritual than others not realizing that also is a mind-made sense of self a mind-made identity amazing and many people carry a very unhappy or predominantly uneasy unhappy complaining insufficient personality with them and that's who i think they are an awful way to be and nobody has taught them that that ultimately is not who you are that's the conditioning of your mind and that is the emotions that also accompany the conditioning of your mind and so the question arises well if i'm not that if i'm not that who am i and that is the most important question you can ask yourself now in our mainstream culture they will tell you that that question makes no sense whatsoever because they believe obviously you are your past and you are who you are as a person they deny that there is anything else so as you're here i would suggest that that which is beyond the personality in you has already awakened and that has brought you here and that goes far beyond a personal thing that which is beyond the personality a dimension of consciousness in you in the human that is deeper you could say higher but i prefer the term deeper than the personality and then the the continuous stream of thinking which is the basis for the personality has already awakened in you and has brought you here but that got something beyond the personal that is something what has ultimately brought you here is the fact that human consciousness is evolving and the evolving human consciousness through you has brought you here in order to deepen the awakening with a few exceptions there may be some who didn't come of their own free will they were dragged here by somebody and then they reluctantly agreed okay i'll come along and listen to this guy for four hours oh my god and then they sit here and say what's he talking about it's just makes no sense whatsoever and because the the words are being perceived by this person this imaginary person which may not be imaginary maybe the words are being perceived but they do not go beyond the clutter of his or her mind so they get trapped in the clutter of the mind because you listen to the words but there's nothing in you that recognize that to which the words point and so all you have is they get trapped in the clutter of your mind and so it's completely meaningless and so there needs to be a little opening in the stream of in the mind

stream there needs to be a little opening a little crack and most of you that's there and in some of you so there's more than that already and in that opening then the words can go in and then that to which the words point is recognized so when i say for example the essence of who you are when i say beyond the personality beyond your personal history there is a deeper essence of who you are and for a moment you can sense the recognition within you of the truth of that and that's just the beginning it's just a tiny thing there's a just a little bit of a recognition of what that means beyond the words beyond the thoughts and so this is what i talk about so that needs to be if there's no opening in the mind stream which is the incessant compulsive involuntary thinking that goes through people's minds all day long the voice in the head if you could if you could walk in the street and if you could hear all the thoughts it would be crazy if you could hear what people are thinking in a crowded place imagine being able to hear everybody's mind everybody's whatever their mind is talking about at that moment you would realize this is crazy and a lot of the time you would realize that what you hear the voice in the head is unhappy about this unhappy about that complaining about that judging that anticipating that regretting that from the past looking towards the future for that and feeling anxious about that which is the next moment and this and that and there's never a moment of peace imagine walking around with a radio in your head and you can't turn it off it's just you know those radio stations where they talk and talk and talk in an excited voice if you go to a foreign country and you listen to that let's say you're in a taxi and the taxi driver has the radio on and they're talking in this very excited but you have no idea what they're talking about you just think this must be incredibly important maybe it's the end of the world if you in your own country if you can hear what these people who talk on the radio realize it's completely meaningless it's just noise and so a lot of the compulsive thinking in humans is pretty meaningless it's repetitive there's no creative insight or very rarely if ever through a new thought something that is a truly creative an insight a realization rare pretty rare so that's the the voice in the head that forms the personality and that's why in zen i don't know if you're familiar with the famous zen story everybody knows a bit about zen well for many people zen means simplicity of interior design or whatever but that's not what zen is it was not created by an interior designer there was a story about a man comes to the zen master and he's a university professor who has studied all the zen scriptures in all the other buddhist scriptures and so he comes to the famous master and the master says sit down please and the professor says well i've studied it all but i want to hear from you also what really zen is can you explain the essence to me and the master was making tea so the master was there was the cup the professor's cup and the master took a teapot and started pouring tea into his cup and he didn't stop pouring and then the tea overflowed and the professor was looking saying stop stop can't you see the cup is overflowing and the master said well just like this overflowing cup you are full of your opinions viewpoints knowledge and speculations how can i teach you zen unless you first empty your cup that was his main lesson how can i teach you zen unless you first empty your cup so the cup here stands for the full cup the cup that's overflowing with stuff

refers to the clutter of your mind the incessant thought stream of your mind the accumulated clutter the incessant repetitive thought stream and that and the personality that i talk about the personal identity and the thought stream are really go together so you are familiar with that now the difference between you and a unawakened person is that you know that there is a voice in your head there's still millions of people out there who don't know that there's a voice in their head that never stops speaking because they are so identified with the voice that they have become it there is no separation there is no awareness there is no presence their entire consciousness is trapped in thought and that is the state of being trapped in your personality so every thought that comes into your head immediately grabs you and possesses you and you're so identified with it that you believe in every thought that comes into your head and that's how it is the simplest thing the simplest thing you don't see it clearly you see it through the thinking veil of thinking which is conditioned by your past your culture your upbringing that country you grew up in the culture the society the family your personal circumstances your collective circumstances determines the type of thinking that has you in its grip that varies from person to person and culture to culture but the basic mechanism behind it is the same they are all in the grip of the unobserved mind that is invested with a sense of self every thought has a sense of self in it this is what the word identify means you identify with every thought that comes into your head and you believe in every thought that comes into your head this is the case if there's no awareness whatsoever then that is your fate then awareness is the dormant faculty presence awareness whatever you want to call it that's the dormant faculty in you it's still dormant and as long as it's completely dormant you're totally in the grip of your conditioned personality in your conditioned mind you are basically possessed it thinks through you it acts through you it is an energy field that has you in its grip and you don't even know it because you think you are it and for many the beginning of spiritual awakening is the realize that there is this stream of continuous commentary in their minds and that is the thing oh that's interesting that's a thought of course but before the thought that's interesting there's the the recognition it's the it's the voice in the head and the recognition is not the voice in the head although you might say it after the recognition but in the moment of recognizing there's a voice in the head that's not a thought the recognition of thought is not a thought the recognition of thought comes through awareness or presence and awareness or presence is the higher consciousness the arising new consciousness wow so that's that is really the meaning of spiritual awakening so there's the voice there's a voice in the head and people say things like i think they don't think because thinking is not a voluntary action for them so it's a delusion to even say i think you don't think you are being thought by thought you are created by thought there's that energy field amazing so the master said how can i teach you zen unless you first empty your cup no that's a huge demand if i'm full of clutter mental clutter how am i going to empty my cup i would be immediately be enlightened if i could empty my cup but the the teaching points to something it points to this the word empty and that's interesting that is an important word in buddhism and i it's don't think

it's a good translation who first came up with it i don't know with the 19th century the europeans started to translate ancient texts from sanskrit and one person came up with the translation but probably of the sanskrit terms sunyata and translated it as emptiness that doesn't sound so nice it sounds like a something missing or something like that so i have an alternative translation for the buddhist term emptiness so that empty is an important word so remember the zen master said how can i teach you zen unless you first empty your cup empty my alternative translation for that is spaciousness spaciousness is a dimension of consciousness in you and that is what we could call the spiritual dimension of consciousness the deeper or the higher consciousness just words doesn't matter and that is in every human it's there many don't know that it's there because the clutter is so dense that they have no realization of the underlying spaciousness and that is why i in millions of humans that is still a dormant faculty so to speak so the most important realization in your life much more important than what you have achieved on the level of the world whether your life in worldly terms is regarded as a huge success or additional failure or for most of you probably something in between that's normal sometimes you fail sometimes you succeed when you move back from gaining losing high low up and down that's the identity for most so the clutter of your mind is there but there are moments in your life when you become aware of something spacious underneath it but you may not call it like call it that you may not call it anything it may arise for example in many humans who never have heard of anything spiritual they're out there they don't know that a little bit of that is in them so but they don't know it there's little little glances come occasionally into their lives of that dimension it's not enough to actually say that the spiritual dimension has awakened in them but little flashes come up now and then into their lives and that is enough those little flashes from the that dimension come into their lives and that is enough to keep many people sane and those flashes can come you might think when you go out into nature and you see something extraordinarily beautiful like a sunset for a moment you go ah or the vastness of the ocean or the sky or the elements the wind the storm and for a moment you go and it's a moment of intense aliveness and you feel and then you may remember that moment a little later that was such a beautiful moment why was it yes maybe what you perceived was beautiful but you felt something in that moment you felt a heightened sense of aliveness and a deep peace and connectedness with being so to speak you see why because that moment of sense perception of something vast or beautiful freed you for a moment from the incessant stream of thinking so the incessant stream of thinking let's say you see this vast this incredible sunset or whatever and for a moment you give it your complete attention and for a moment you're not thinking about yourself your problems your problematic life history or your even more problematic future and actually you're not thinking about anything for a moment the stream of thinking subsides and it goes without knowing it you have a little flash that's come up from that dimension and then the next moment it may come up a few days later again when you look into the eyes of a baby one year old maybe just in the street or in a cafe and baby looks at you and the baby is one year old and the eyes are like the baby's and you know instinctively

that the baby is not thinking about you because thinking hasn't started yet the words have not accumulated yet the thoughts haven't started yet and yet there's a consciousness there and you can see very clearly there's an intense consciousness that's looking through those eyes at you without judging you in any way and in that moment for just a few seconds you feel so good and you say ah why do you feel so good because at that moment the baby liberated you from your stream of thinking and again a little bit of spaciousness opened up inside you for those few seconds when you looked into the eyes of the baby you were not thinking and the baby wasn't thinking so the baby through the baby you are able to be in that dimension and it felt so good spontaneously they can arise they're not recognized by people as ultimately spiritual but they are and so many people there are millions of people who experience those things briefly but that's enough to give you a sense still of life is worth living and then there are others who are so burdened by their minds they cannot even communicate with a baby they cannot even perceive the beauty of nature anymore because their mind is so noisy that they never total veil so they don't look at the baby like they they look at the baby oh that's a nice baby they don't really see the baby immediately it's labeled dogs do the same thing they can free you from your mind to briefly whether it's your dog or somebody else's dog you know you're walking in the street somebody's coming with a dog for a moment you look at this dog and into the eyes of the dog and you go oh two seconds three seconds four seconds the dog is not thinking about you but you looked into the eyes of the dog and you sensed something there and what was that you well you say it's a dog well you sensed something there that you connected with and what was what was that that you sensed that you connected with your mind says oh that's a nice dog but that's rubbish you sensed something there what you sensed was the consciousness of the dog because the dog also is an expression of consciousness a manifestation of consciousness just as you are but the dog does not live on the level of consciousness of thinking the dog's consciousness is below thinking and so the dog is not burdened by thinking the dog is not burdened by a self-image created by the mind the dog has no problem with his or her personal history nor has the dog a problem with self-esteem dog doesn't have a problem with body image none of that the dog has no opinion about itself it is the dog just is because the dog lives below thought the consciousness of the dog is below conceptual thinking it doesn't have the egoic identity although in some dogs you can see the beginnings of an ego identity because they've lived with human egos for so long and some dogs are actually neurotic because after five years of living with a highly neurotic person they have succumbed but many dogs are surprisingly sane considering who they live with and you would say how can this dog still be so happy living with this miserable person so you look into the eyes of a dog and for three seconds four seconds five seconds you'd connect with the consciousness of the dog and that ultimately first of all that frees you without you knowing it frees you for this moment from the stream of thinking because the dog you can sense the dog isn't thinking the dog has no opinion about you you may have heard the prayer please god make me into the person my dog thinks i am but of course that's not true because the

dog doesn't think what or who you are so it doesn't have an opinion it can sense yes so an animal by connecting with an animal it can free you for a moment from the noise of your mind and something opens up in you that is the emptiness the term emptiness in buddhism my term it is spaciousness something opens up that is a moment of no thought but no loss of consciousness normally no thought is associated with loss of consciousness you stop thinking because you're going to sleep or you stop thinking because thoughtless is a negative term in conventional usage even when you say thoughtless is a negative term and i know what they mean but when we use the term thoughtless here it's a positive term thoughtless awareness awareness is to be able to be free of thought when these moments happen in you you relate to something something happens it for a moment it frees you from thinking and well sex can do it too well i don't know if you experience if you go to the expo here probably not but it frees you for a moment it can free you from thinking doesn't last that long i suppose and so it's just and then the interesting you have probably either experienced it or seen it in movies they make love and it's all it's so wonderful love and then they separate they and then they make a coffee cup of coffee and immediately they start fighting again oh because immediately the mind starts up again the egoic mind crazy so what you love in the dog is ultimately not the fur that it's lovely to touch certainly to hold a dog it's beautiful lovely to touch but what you really love in the dog is the consciousness of the dog and when you love the consciousness of the dog there is a recognition of oneness because there's only one universal consciousness this is not a scientifically verifiable statement but i don't care there's only one universal consciousness that emanates from the source of all life the source is a bit like the sun and from the source of all life which does not exist in space or time it's in the transcendent dimension from the source emanates like from the sun the light emanates continuously from the source of all life what emanates is consciousness the light of consciousness and then consciousness manifests in different vibrational frequencies in our so-called universe it manifests as physical forms in the case of humans consciousness can manifest it manifests as a physical form it can manifest as thought consciousness can manifest as pure consciousness in the same way that water can manifest as solid ice you can hit somebody over the head with water it is very painful when it's ice and then it becomes fluid but it's still water and then it becomes vaporous mist you can't even see it anymore but it's still water in the same way consciousness manifests in different vibrational frequencies or this talking about on the level of humans as the physical body the mind and what most humans don't know yet consciousness itself which is the spaciousness this so-called the buddhist emptiness so for a moment certain situations can free you from the incessant stream of thinking but it's not enough it's not enough you can't just wait for occasional once a week three second ten second encounters with a dog and if you're familiar with your dog that you live with every day then it could be less likely to happen because you become too familiar with a dog and so you relate to the dog only through thinking and you start talking to the dog all the time don't do that go go what are you doing there you're not supposed to do that so a dimension of

consciousness can occasionally emerge spontaneously once you know that this is possible those moments when it does happen like when you're out in nature or if you're surfing we are near the ocean here there may be some of you who go surfing and that can be a beautiful thing because you might realize when you are surfing if you're good at it you're not thinking while you're riding a wave you can't be thinking about tomorrow's dinner or yesterday's breakfast or your life problems your problematic identity no then you'll fall off there of course if you are good at you have to be absolutely present and you feel so alive during those moments because it frees you from the personality the activity frees you from the person briefly well yeah the activity frees you from the person and so you get extremely attached to that kind of activity that requires your complete presence requires your complete presence which means while you are engaged in that activity you are not thinking you are just present and so you experience it as extremely joyful and life-enhancing and you feel in some way you feel not only more alive you feel you're more fully yourself although you don't remember yourself and that's why you feel more fully yourself that's a strange paradox you feel your beingness more than before but your beingness your presence is not your history that has been removed temporarily when you're engaged when you're climbing a rock wall and you have to be absolutely present with every every moment and otherwise you'll fall off then it frees you from thinking completely it clears your mind any dangerous activity does that if you survive there was a man a famous actor who got thrown off his horse and then became completely paralyzed i think he's dead passed away he played superman which is a strange paradox but so he got thrown off the horse and broke his back and he said later at some point that while he was riding this horse he was started to think and so he lost presence and in that moment he fell let's hope that while he was disabled during those years that he was able i don't know if he was that he was able to go more deeply within and discover that which lies beyond the person and the personality but interesting that he said in that moment he he got lost in thought and then he fell the horse stumbled and he got thrown off these things can be very pleasant lovely to do because they free you temporarily but even that is not enough and it could be too risky to continuously engage in high-risk activities so but these are glimpses these can give people glimpses of what it means to experience the cessation of thinking the cessation of thinking without loss of consciousness in fact an intensification of consciousness and that is zen zen is that state of consciousness of intense presence where thinking can happen but you're not in the grip of thinking you're aware you're one with that inner spaciousness you're experiencing cessation of the stream of thinking and yet you're completely conscious conscious even of yourself but not of yourself as the history self the historical self not that self not the personal self the transcendent self which the buddhists call the no self or which in hinduism is called the great self or the atman they're just words of course so the important thing to realize is as you rise above thinking there's presence you're present and then you may fall back into thinking and then you come out of thinking again and that is a state of heightened alertness without tension relaxed alertness and you can then sense what is below thinking is also in a state of connectedness that you

are in when you rise above thinking and so you connect more deeply with the world of nature with the animals and the plants because they exist below thinking and you can rise above thinking and sometimes all those beings that exist below thought can help you strangely can help you rise above thought because it is the human destiny to rise above thought it is not our destiny to fall back below thought enticing as it may be for some people who are so burdened by their minds that they say just anything anything i can't live with myself any longer if i have to be a cow i'll rather be a cow than a human because i won't be so unhappy anymore but please just let me be a cow either in switzerland or india not other places i would want to be a cow either in the alpine pastures of switzerland or in india where they respect you but still even there i would not choose for my next lifetime to return as a cow and probably you wouldn't or even at this moment to say if you could just push a button if you could from being if you were completely unhappy push a button say you can be completely free of unhappiness but you have to become a dog you have to become a cow you have to become a tree are you going to do it of course it means you're losing consciousness in some way because you are on the level of thought you would have to fall below thought so if you're totally unhappy you say i'll do it i can't stand it anymore of course an alternative to that imaginary situation is to have a few drinks because they also take you below thought free you briefly from the burden of the personality so you feel more alive and you laugh more and you sing and it's so wonderful until you completely become really unconscious it was so good i can't remember my problems anymore at all i don't even remember who i am this is so good you're falling below thinking feels good for a while and then you move to complete unconsciousness that's not the way to go but i can see why it has an attraction for many people who are on a daily basis burdened by their minds 24 hours a day almost except in dreamless sleep so falling below thinking you experience it naturally as you go from wakefulness to sleep in the intervening period just as you begin to move towards sleep at night in your bed you experience a very pleasant moments there when you don't remember your problems anymore so good and sleep says come this way come ah and you go there and then you're gone

[Speaker 2] (56:04 - 56:23)

and now breaking the habit of negative thinking and self-talk session two most humans are trapped

[Speaker 1] (56:24 - 1:27:57)

evolutionary terms in thought thought is a wonderful thing a wonderful thing to have evolved in human beings but it had a huge downside it doesn't mean we have to give up thinking we what we give up or what we transcend is being trapped in thinking being identified with thinking and then when we can free ourselves from thinking and realize that thinking the thoughts are not who we are then thinking can be a wonderful tool for creating and manifesting it is then used in the service of the deeper or higher

consciousness through you and then it's wonderful but when thinking has taken up your entire sense of identity when you derive your entire sense of self from thinking that is a terrible fate but that is where we are at the moment in evolutionary terms because we are reaching the end of this period of egoic thinking of being trapped in thinking thinking has created great things enormous enormous achievements but as i said a huge huge downside massive downside of such seriousness that it could even lead to the destruction of the species that's the downside of thinking if thinking becomes more and more differentiated and developed for example science is a differentiated form of specialized form of thinking and that has grown and grown and grown and enormous achievements and yet thinking itself has never has not been transcended so the egoic nature of thinking has become intensified too so what where we are at now is we reach this stage where we have to jump to the next level of human evolution if we remain trapped in thinking that will be extremely destructive because what thinking can create will become so destructive it will show more and more the destructive side rather than the potentially helpful side and this is why what is happening here is so vitally important not just for you as a person but for humanity as a whole we have to transcend this being trapped in thought and so the incredible possibility arises for humans to and this is the awakening the incredible possibility arises for you to experience in your daily life increasingly states of consciousness or a state of consciousness when you're not thinking but you're completely there and this enormous power suddenly comes through you power that before was always trapped in thinking another way of putting it the light of consciousness was always heavily obscured by thinking thinking is the form consciousness takes it takes forms but the forms it gets trapped in the forms so the the unawakened state is complete identification of consciousness with the form consciousness takes and that manifests in simple in the simplest situations when you go into a situation i often give the examples because it's one of the simplest situations when thinking starts you get up in the morning you open the curtains and you look out and if the weather is not good which is less likely to happen here than in london or vancouver when the weather is not good you look out and immediately say oh it's another dreadful day another dreadful day look at that and you don't realize that it's not a dreadful day it's just what is dreadful is the thought the day is as it is there's water coming from the sky there are clouds and sunlight is filtering through the clouds that's what is it's not a dreadful day but you mistake your interpretation with reality so you can't separate the two and you go into every situation and you confuse your judgments with the reality of the situation and that begins to change when you become aware of your own thinking and then you no longer need to do that and then you can be in the same situation that before was perceived you told yourself it was terrible having to stand there and wait at the airline counter and there's the most inefficient and stupid people how did they get their jobs can't they train these people and you don't experience it like that anymore you experience the separation and then you experience 90 of your unhappiness falling away 90 and realizing that 90 of unhappiness in whatever form upset irritation anger resentment anxiety etc they're all forms of what the buddha called

dukkha suffering misery unhappiness 90 of that falls away because you realize that every situation is as it is and you no longer impose judgments on it and because the judgments you impose on what is make you unhappy the unhappiness doesn't come because you have to wait there in line for so long and the flight is canceled and you get very irritated and very unhappy uh it comes from what your mind is telling you about the situation and when you let go of what your mind is telling you you suddenly see here it is and you look around you see you're standing there people lights you're breathing that's what is people running around or not running around and all kinds of movement that's this moment without an interpretation there's no suffering in it no irritation no unhappiness and so you have separated what the mind imposed on the situation and the situation itself and you realize the situation is neutral it has an easiness to it which is just easy it is the rest the suffering came over what your mind had to say about the situation and that's an incredible realization that 90 of your suffering to use the term suffering unhappiness upset etc etc comes from unconscious thinking and confusing what is with what your mind is saying about what is when you can be with what is and no longer impose unnecessary baggage commentary on what is life is enormously freed suddenly your life and a huge chunk of egoic identity has broken off and you go around in a sense of ease and lightness always aligning yourself with the isness of this moment which by the way is the only one there ever is people don't seem to know that it's a secret don't tell anybody there's only this moment people don't know that but i know there's only this moment and so you become aligned with the isness of this moment without imposing automatic unconscious conditioned commentaries on it and somehow always seeking a sense of self in it feeling diminished by one situation or wanting to hang on and complaining if it leaves you or having anticipating thoughts that something might change good change and then you think about that and you can't enjoy the moment because you're worried about the next moment worried means thinking useless thinking is worry so you're worried about the next moment which prevents you from enjoying this moment so you're thinking about the next moment which never comes you're thinking about something that cannot possibly ever come that must be crazy and the underlying assumption is that the next moment is definitely more important than this one because something big is going to happen there not here something big is going to happen there i don't know if it's good or bad yet but it's something big if the mind focuses on good it's called hope or hope for my life to really improve at some point but it's going to be good and but the content that has a downside that thought has a downside and the downside is it might get worse and that's that's fear oh my god what's going to happen to me what's going to happen to me that i don't know i have to think more about this there must be a solution to it there must be a solution to the dilemma of my existence perhaps a psychiatrist has the answer or you can go to a clairvoyant and says what's going to happen to me you're going to be fine oh thank you and then you're going to die what i didn't know that it's not supposed to happen thought so to develop the ability to to experience things and people and situations and places without imposing too much thought on it and then your life becomes much more enjoyable suddenly and people you

can even enjoy people now as you probably know one of the most challenging things in your life is other people because they're so difficult people are so challenging and for many people one of their greatest sources of suffering or unhappiness strangely enough is other people sometimes of course it might be a situation but it's usually every situation is associated with certain people but of course another source of unhappiness of course could be your physical body which might become ill that's a different matter but yes people are difficult it's not surprising that Jean-Paul Sartre the french philosopher said hell is other people that's the ego talking of course life could be so much nicer with all all these dreadful people around and of course these are judgments these are judgments of the mind and the moment you encounter another human being the moment you meet another human being if you are trapped in the conditioned mind you will very quickly have things to say about him or her and you're the moment you have thought arising you're imposing judgments you can't really experience that human being anymore and so that happens very all the time when people meet others but what would it be if i could meet another human being and just look into his or her eyes without making it too obvious even in ordinary situations you go to a restaurant you go to a shop you buy something you pay for it there's a brief interaction with the person you give the money to are you able to just look at this person for a few seconds while the transaction happens and be free of thinking there's suddenly a connection there's no need to make it obvious you don't go like and you don't have to tell them i'm connecting with you on a spiritual level because they'll go what but it's a beautiful thing to be able to be spacious with another human being it's easier with a dog obviously because the dog is does not have the screen of mind that obscures that sense of presence of beingness in the dog the consciousness of the dog humans usually have this screen of mental stuff so it's not as easy to relate deeply you have to penetrate the level of mind which sometimes is not all that pleasant either it's like can be very difficult conditioning of this personality some personalities are very difficult and or might be aggressive or whatever but it's looking at another human being and just like this no thought and it's always pleasant it's always it's a pleasant suddenly you sense a connection and it's pleasant but don't try that too soon start with a tree because there's nothing in the way with a tree there's no mind the tree is an expression of consciousness but the tree is very still it's even stiller than the dog the tree is just it might have been there for 100 years 200 years 300 years some trees have been there for a thousand years and so you can you can look at a tree by looking means when you look at something you give it your attention then there's a tree and you give it your complete attention just look at the totality of it and then occasionally you look at little details and just be with it and the totality of the tree without needing to impose any thought on it you don't need to call it anything you don't need to know the name in order to experience the tree you don't need to know the name of the tree it's that's fine there's nothing wrong with knowing the name of the tree but the name of the tree can if you are too attached to the name of the tree can prevent you from experiencing the tree and that is a very common thing how the moment you name something you think that's it and then you don't realize there is a depth to that which

the name obscures the spiritual teacher krishnamurti said to somebody the moment you teach a child the name of the bird he or she will never see that bird again slight exaggeration of course he'll see that bird again but what he means is the child will lose the deeper connectedness with the bird because the label the mental label will be in the way and the child will mistake the mental label for it the mental label keeps you trapped on the surface of reality and so very knowledgeable people and there's nothing wrong with knowledge but people are let's say people are very knowledgeable about nature sometimes are so trapped in their knowledge all they know is mental stuff about things so they know a lot about the tree but they never know the tree you have two kinds of knowing one is conceptual knowing through labels and one is a deeper knowing through immediate perception through awareness and then you've sensed a deep something deeper in the tree that is can never be known through conceptual knowledge you connect with the tree in a deeper level it becomes almost what i'm saying now conventionally one would say this is a mystical thing to say or it's a poetic thing to say but there's a real there's a reality behind this and if that dimension is missing from your life you run around the surface of reality never connecting with anything or anybody really deeply never sensing your connectedness with other life forms nature animals humans so it's important to develop this ability to experience without imposing labels so you can just be with the tree and look at it you don't have to hug it you can but it's not necessary if you will have to want to hug it it's fine because the touch can free you also from thinking to take your attention into the sense of touch yes but all the senses are involved in that experience the trees thing and then teach you stillness because the tree is so still but you have to tune in you can't tune in with mental labels you have to be there and then there's an alertness there and with that alertness you not only perceive the tree you sense the underlying consciousness of the tree because ultimately it's the same consciousness that is the essence of who you are but in a different manifestation a different frequency level so to speak but and then the tree can teach you to be still and you become but it's not the same stillness in you as the stillness of the tree because the tree is a long way below thought the stillness in you is above thought but in there you meet the tree you are above thought in presence and the tree is long below thought in beingness and you meet the tree and then the tree can teach you to be still and you can actually sense that the tree is just that's the trees the tree would be saying om if it could speak continuously because that's the rootedness of the tree is not only rooted in the soil the tree is rooted in being and being as the source of life it hasn't come out that far yet so it's it just is so that's a teaching in itself that's how nature can teach you to be free of mind it's what it's such an extraordinary an extraordinary adventure the awakening of higher consciousness in you it's just so amazing and to then experience to become free of their personality so they are no longer feel you're trapped in it of course you still have a history it's fine you have a personal history you have a life situation everybody has a life situation which is to do with relationships it's to do with your work situation your financial situation your home situation your health situation all these things make up your life situation now it's very rare that all these things are going

absolutely fine for you my health's wonderful my relationships absolutely perfect my work career great finances great possessions home wonderful home children all healthy and intelligent and great everything is great not doesn't happen very often and if it does it doesn't last that long you just have to wait a little and then somewhere things break down here and there you get challenged something happens that does isn't supposed to happen as the mind you get challenged by life all the time and that's good that's how it's meant to be and you realize the world can't make you happy occasionally you might think oh yes it can because i've just fallen in love with the most amazing amazing person who is going to make me happy for the rest of my life oh dear that's a big thing to put on the person a huge expectation he or she is going to make me happy i know it okay so it gives you a high say that's finally life i don't need all that spiritual stuff anymore i found the ideal partner and then you wait a little after the wedding and very soon sooner or later usually sooner you discover there are aspects to your partner's personality that you didn't know existed something must have gone dreadfully wrong did i marry the wrong person yes my god all this happens is of course you experience the egoic the particularly unconscious aspects of that personality which every person has of course some to a much greater degree than others but every person has certain aspects that you experience that you will find irritating or unpleasant or upsetting in that sense you will always marry the wrong person if you're expecting them to make you happy you're definitely going to marry the wrong person so the real things the realization that the world whether it's people or situations or achievements does not have the capacity to make you happy because happiness arises from a deeper place within you which is inseparable from the essence of who you are and i don't even use the word happiness to describe it because it's deeper than that happiness sounds a little superficial to me happiness something so happy and then the next day you go oh no it's like oh something good happens and then but there's something deeper let's be i call it in one of the books beyond happiness and unhappiness this piece happiness and unhappiness exists in the polarities of this world something good happens of course you yes you're happy something bad happens if you're not connected with who you are in the essence of your being something bad so-called bad happens a challenge in relationships in work situation financial situation health situation wherever something happens can make you really can be devastating make you really totally miserable when you're connected with the who you are beyond the personality you will still experience a certain down when something bad happens you'll experience oh but it doesn't go very deep that oh there's a depth to who you are that is not touched by the fluctuations in this dimension so and that is that is the peace as jesus called it the peace that passes all understanding there is a there is a depth to an essence that is ultimately untouched but it's not in the sense that you're cut off from anything but a core a space in you that is timeless and from there arises what is sometimes called inner peace and then you can still experience fluctuations on the surface of your being but there's a depth that's not affected by it so you can cry and weep if a loved one dies of course you're not you will cry and weep it will be sad and yet you can sense a depth to you and in that depth you realize that which is beyond death

it's the essence of who you are which is consciousness and the person who passed away the essence of that person is consciousness doesn't die the essence of who you are you are by the way you might not have known this you are almost completely invisible here you might i mean sometimes people think oh if i could be invisible wouldn't that be great you're already invisible because only what you see on the surface is the physical body every thought that you have is invisible nobody could find it even if they cut open your brain they're not going to find a single thought there they find all kinds of things chemistry and so on but not a thought i can ask you to go back to your childhood remember the teacher you had when you were 10 years old remember walking into where the house where you lived when you were 10 years old remember opening the door walking into the living room when you were 10 years old and you can go there yeah you didn't know that you remembered it but now you do now where where does that memory in what form does that memory survive in you and millions of other memories are there certain atoms or molecules that are your your living room when you were 10 years old if because if everything is matter every memory and every thought must be there in the form of atoms or molecules so are there living room molecules some teacher molecules that are memories no powerful microscopes could find any memory in your mind anything any thought nothing can find it it's not there and that's only level of thought you're already invisible on the level of thought thought is not visible to sensory perception is not visible to science brain science still hasn't figured out what a thought is and hasn't found it they have found many things associated with thought but not you can't find a single memory in your brain but there are millions there they say it's in the brain but it may not be in the brain and then you go deeper than thought the consciousness that underlies thought like the thoughts are waves on the ripple of the ocean consciousness is the ocean totally invisible so you can examine every brain where's the consciousness can't see it doesn't exist it's invisible so almost all of you is invisible starting from thought to emotion sometimes of course your facial expression might betray certain thoughts that you have but really your entire mind and all the memories and all the knowledge is totally invisible the greatest scientist cannot find a thought if he cuts open your brain so it's that we are basically invisible like even iceberg they say an iceberg 10 of the iceberg is above water and 90 is below and this is a bit like that except that is far more what is visibly so little i'm a little bit nervous that's fine nothing wrong with that i'm wondering you talk a lot of you know being present and you talk about conditioning and how we are conditioned and i think about my own negative thinking and and how some of that is conditioning i guess for me being in the present when you have that fight or flight like how do you tame that when you are anxious we mean or nervous

[Speaker 2] (1:27:57 - 1:28:03)

anxious and then it causes all that negative thinking negative thinking how to go beyond that

[Speaker 1] (1:28:03 - 1:45:37)

yes okay well there are various ways which i sometimes call portals into the state of presence i just for the previous questioner we could break really similar questions how do i get out of my mind for the previous questioner i talked about feeling the inner energy field of the body but for you i will talk about a different portal and that is a very universal portal all portals are closely related to each other so this portal is called the present moment and present moment awareness or attention to the present moment more than anything else it's a redirecting of your attention as soon as you discover within yourself you realize that you are entering a non-harmonious state of consciousness through irritation upset nervousness worry anxiety anger subsisting for a long period of time any kind of dysfunctional non-harmonious state of consciousness or to describe it in other words unhappiness in whatever form because unhappiness can take many forms the moment you realize that ah and for you to realize that already requires a small amount of awareness because the people who are really deeply unhappy almost as their normal state and there are many in this world they don't even know it because they don't know anything else so there are many there are millions of people running around this planet in a state of unhappiness and whatever form this unhappiness takes and if you ask them are you unhappy no i'm not unhappy what are you talking about i'm not unhappy it's like listening to some machine that goes on even let's say a noisy refrigerator that is always running in your room you don't know it's running until something happens to it and it suddenly stops and you say what happened suddenly that that dreadful noise is gone and suddenly it's so beautifully still here i never knew there was that noise going on all the time so for you to recognize that you are in a non-harmonious state requires already a small amount of awareness because it's only from the awareness we need to presuppose there's already some presence there where you can recognize that you don't want that you don't want the disharmonious state then you go into present moment awareness the disharmonious state arises usually because you are not you lose the present moment and believe something else is more important than the present moment it also often usually implies there's some form of resistance to something so present moment awareness is a conscious redirecting of your attention away from the thinking mind into the direct perception of present moment reality and present moment reality starts with you coming to your senses coming to your senses means so let's say i let me act it out you are you're trapped and you go and you get more and more unhappy or anxious or you can feel the anxiety and life is there's a heaviness there and then you notice oh do i want that do i need that does it have a useful purpose no redirect attention to the present moment okay where's the present moment okay the present moment always starts with sense perception you're looking suddenly what's around you look look carefully then you go oh and to really look you need to just be silent while you look it's the silent looking and this is you beginning to enter the present moment and then incorporate another sense listen so in you begin to take in what surrounds you in the present moment become aware that you're breathing

it's all aspects of the present moment visual perception be where you are be here fully be here now inhabit the present moment be present to because that's all there ever is there is nothing else the mind will tell you that many things much more important than the present moment but it's a lie it's a delusion because there is nothing else even when your mind tells you there are many things more important than this moment it can only tell you that in this moment so give more importance to the present moment and so bring attention to the present moment first through sense perception through coming aware of your breathing and then the next step can be as you perceive the world around you also feel the energy field inside the body at the same time so you're more and more more and more present this is already a shift in consciousness very different from a few minutes before you were immersed in useless thinking so there's already a shift in consciousness happening you can notice the difference in the energy field as the consciousness shifts from being absorbed in thinking to being becoming present and so that is the you're waking up basically it's a process of waking up out of not out of sleep but out of what is like sleep which is being totally immersed in the in the voice in the head totally identified with the voice in the head so you become present sense perception feel yourself breathing and feel the inner body and then you can go one step deeper into what is the actual the deeper reality of the present moment because the present moment has a surface appearance which is fine it's often the first step it's what is around you through sense perceptions then you go into the body and then you go deeper and become aware that as you are perceiving the world around you there is a presence in you which you can sense as your very own being through which you are perceiving otherwise you couldn't press if you are not here as a conscious presence you would not be able to perceive this room and the plants and the flowers and whatever is in this room you would not be able to perceive it if you were not here as a consciousness so whether what you're perceiving is a reality or dream is immaterial the fact is whether it's a dream or reality it requires your presence the light of your presence in which everything appears now can you become aware of the light of presence or the presence directly in you in other words can you sense your own beingness right now as i'm talking about it i can feel it very strongly in me the fact that i am before anything else arises in consciousness i am so i know that i am not this or that not that i am a man or a woman or have particular age or a particular function deeper than that before you add anything to i am the i am is there before you add any sense perceptions to it the i am is there give you another little pointer to point to that place what does it feel like to be you in its most fundamental its most essential way what does it feel like to be you and as i said before no need to remember your personal history for that in fact that becomes an obstacle it's nothing to do with anything that ever happened to you nothing to do with past or future it's only to do with this moment what does it feel like to be you and it doesn't have a conceptual answer so don't answer it what does it feel like to be you at this moment what is the innermost self what does it feel like and you will notice that there is there is a powerful sense of presence there which has no particular form you can't say much about it or anything really about it and that's you that's the being the self the i am that i am

and at that level you are connected with something far deeper and more powerful than the little entity the physical entity or the psychological entity it is there where you're connected to something vast you're you're connected to the very core of the universe and every human is that's the atman in india it's called the the divine within and the divine within connects you to the soul of the universe the outer the brahman the divine without what does it feel like to be yourself and then you suddenly yes yeah and you can't say anything about it it's just a presence it's the presence of consciousness it's consciousness another way of putting it as you can see i give you a little many different pointers because one word certain pointers work better for certain people another pointer now you become conscious that you are conscious right now you suddenly realize that you are conscious that's an amazing realization and to put it even more accurately because if i say you realize that you are conscious putting it like that there's still some duality in there i realize that i'm conscious no you realize that you are consciousness better way of putting it you realize that the essence of who you are your sense of self is consciousness not anything that happened ever or could or will happen ever and then this as you at first perhaps it comes to you in little glimpses and then gradually it becomes the backdrop of your entire life that continuously no matter what situations you go into or whether you're thinking or not thinking there's always a part of you in the background that can that knows that you are consciousness you know yourself as consciousness consciousness knows itself is another way of putting it and that is the transcendent dimension that can always be there in the background of your life and sometimes it will come into the foreground when it obliterates every thought i'm talking from my personal life the non-personal life it obliterates every thought and you just go ah you are nobody in particular when it comes to the forefront then the human it shines away the human dimension temporarily and there's only the being when spiritual teaching happens the being takes over for me when spiritual teaching doesn't happen the human to some extent comes back but it doesn't only obliterate the being so there's always the being in the background there when i talk and i'm talking about this because you will experience the same and some of you already know exactly what i'm talking about then the being talks the words come it shines through it you will observe in your life as you become familiar with dancing between form and formlessness between the human and the being and bringing them together you will notice that sometimes the being becomes very strong when you get very still you may be surrounded by nature and you go or somebody comes to you who is in deep agony or suffering and suddenly you find yourself becoming totally alert and still and and perhaps you start even saying something to that person which is just right for that moment then the being takes over and then in other situations you become the human takes over and there's just 10 of being and that's fine there's still some awareness that of consciousness of space in you this is a wonderful process and the many of you are already beginning to experience that in your life this this shift from the mental self the usual self as i sometimes call it the human form self to the transcendent self which the buddhists call the no self and other traditions call the higher self these are just words if somebody who's never had a

glimpse of it as many academics who study religions they say there's a total contradiction between what the hindus believe and what the buddhists believe because the buddhists say there's no self and the hindus say there's the higher self totally different they don't realize they just use different words to talk about the same thing or no thing if they've had if they had a glimpse of it within themselves they would know that but because they only approach it through the conceptual mind all they see is the differences this this is the this is the practice and hopefully as i've been talking you and everybody here perhaps to some extent been experiencing what it means to shift from the human to the deeper self what i call the being self right now even if you don't know it mentally if you are attentive here if you are not dying from boredom as you sit here listening to me that means it's working for you it's that simple but if your mind is saying when the hell is he going to stop talking that means it's not working for you but you've probably left already by now if you're here and there's actually there's something that captures your attention that's the truth in you that's the being level in you that recognizes itself and is coming forth that's all it is because what i'm saying otherwise unless you have some access to it within yourself what i'm saying otherwise would be absolutely boring and meaningless i'm not saying anything to to the just the mind what the hell is he talking about being so you need to have some access to it or you know in order to find this interesting or makes you feel more alive being here means yes you have it it's there that's it even though your mind might say i'm oh i do i really understand what he's talking about if you enjoy being here and listening and something in you feels alive then you understand it you don't you don't need to understand it conceptually you can't you get it

[Speaker 3] (1:45:39 - 1:45:41)

thank you

[Speaker 1] (1:45:46 - 1:46:27)

thank you hello um i live in las vegas nevada which is very mind dominated and it's tough there um there seems to be two forces in my mind that's build up energy and it's very strong and it keeps me from uh getting in touch with my true self into creating more space and cultivating that space um one of them is that it's not that interesting i'd rather go along with interesting thoughts and do interesting activities and also um i have this fear that

[Speaker 2] (1:46:28 - 1:46:39)

if i don't analyze and constantly think about like solutions and things in my life that everything's going to fall apart so it's hard uh those two forces that bill especially where i live it makes

[Speaker 1] (1:46:39 - 1:53:27)

it even more increases it more so the energy field there is a kind of nervous yes actually i work in a casino too so it's very well that's a wonderful challenge to stay conscious there yes it is lots of discipline yes that's your spiritual practice right i've been there i've walked through some of the casinos in amazement and the it's it's a quite a that seems to come out of some kind of dream when you walk around las vegas it's a but it's actually quite interesting when the mind doesn't label it it's actually quite amazing wow all these all these strange life forms and what they have created it's quite amazing it's there's an intense aliveness there would i want to live there i don't know there have been some spiritual teachers who moved there i know of at least two i think it was vegas and there was a spiritual teacher called vernon howard who lived near las vegas and there may be one or two others why they moved there i'm not sure perhaps they maybe they loved it or perhaps uh to pay less tax perhaps who knows the well the challenge of course is uh to stay present and have stillness inside you the what you mentioned now you need to think about your your life problems or your life this is a very very common assumption unconscious assumption in humans that if i don't think about my problems my life is going to fall apart i need i have to think about my life and what's going to happen of course nothing is going to fall apart if you stop thinking things will get better if you stop thinking with the exception of focused thinking in case there's a specific problem that needs to be addressed then focus thinking and then step even there stepping back into stillness so it's a wonderful thing if you're able to be present and still in las vegas then of course you're a master it's many people are able to be present and still out in nature a beautiful forest or the seashore or on top of a mountain and you watch the sunrise wow very still so still let's move here says the mind let's move here where it's so still and then wherever it is and if you do move there for a while it'll be wonderful oh it's so still and then of course the mind is becomes restless after a while there's nothing happening and you're not challenged by anything anymore if you have a meditation practice then you can of course convince yourself that you have finally achieved in you meditate five hours a day and let's say somehow food is brought to you as i remember a monk i knew buddhist monk telling me that story that he meditated in a hut up a mountain in thailand for half a year and he attained complete peacefulness peace nirvana he thought and every day somebody would bring him a bowl of food nothing to worry about nothing to do just be present and still the only challenge were mosquitoes he said but he learned to deal with that in other words to just completely accept and not mentally label it and just being used by them for food so he was came with that that was one challenge then he had to go back into the city to renew his visa because he was in thailand and he was a westerner and at the visa office they kept him waiting for one hour two hours and then he was in the wrong lineup for two hours and then he had to start lining up somewhere else and when he finally got to the window the man said oh no you haven't filled this out you do that again and he started so that was he then suddenly realized he had not attained nirvana so you're much better off in las vegas the thing is to use whatever environment you are in as part of their spiritual practice it does not mean that you have to be stuck it may be that a deep sense of the

need to remove yourself currently comes to you and then you go somewhere else that could happen because it seems like it's probably in many ways a better place to practice than a monastery and worrying about your life or your problems is a very common belief that that is necessary to hold things together but it's not you have to recognize the futility of of worrying and realize your life is already together you're breathing you're eating when you need food you sleep when you sleep you go to work you do what you do you look around contemplate look at the sky look away las vegas is very much a man-made or human-made environment everything is kind of artificial not to say fake so everything is fake that's fine it's not everybody that much but there are trees there are some trees here and there there is the sky there's a light there's the desert you can easily get out and you're out in the in the stillness so you can take advantage of that when you need to and so be happy with where you are and accept where you are and then while you do what you do in the casino what do you do

[Speaker 2] (1:53:27 - 1:53:29)

i'm a dealer at night time

[Speaker 1] (1:53:34 - 1:54:02)

place your bets and then yeah and then you can observe human nature there around you observe human nature in its unconscious state mostly but that's fine that's where they're at you can be the the presence for them yeah it's hard not to judge them oh yes that's your practice not to judge because they are expressions of life of aliveness right in their form they're beautiful

[Speaker 2] (1:54:02 - 1:54:26)

too yeah okay thank you so much and now breaking the habit of negative thinking and self-talk

[Speaker 1] (1:54:26 - 2:02:33)

session three welcome we are live in real time as they say in the present moment no need to think right now there's nothing to add to this moment by thinking about it so all that thinking would do is obscure your awareness your awareness of the present moment which means obscure your awareness if you have problems waiting for you you can think about them when we finish and even then i would suggest and recommend that you set aside brief periods when you think about your so-called problems if they are real in other words a real problem is a situation that you need to deal with either right now in the moment when it arises in which case it's not a problem it's a challenge or something that tomorrow you may have to do or next week or next month and you may have to think about what you're going to do to the extent to which it's possible to plan and set aside a period of time when you do that and then when that's done come back

into present moment awareness so the worst fate is for your mind to be occupied continuously with past and future and as you know past and future exist in the mind remove the mind thought there's no past or future past or future exists for you as thought it's indispensable for dealing with the practical aspects of life but it's a huge obstacle for going deeper within yourself deeper into reality a huge obstacle to finding that state of connectedness with a deeper reality a huge obstacle to knowing who you are so right now all you need to do and there's no doing but just use the word all you need to do is look at the image on the screen listen to the words which are all pointers signposts and as you look at the image on the screen and listen to the words be aware also of yourself as the still space the still presence without which you would not be able to look at the image on the screen or listen to the words it's only because there is that light of presence that receives the sense perception of seeing and hearing that there can be seeing and hearing the moment you start thinking about past and future the moment you start thinking some of your consciousness incarnates into form the incarnation the word incarnation is to become form to become physical form but it's not necessarily physical you become a psychological form every thought is that so some of the consciousness incarnates into mental formations and that's okay there's a there's nothing wrong with that it's a good thing you're able to think it's not a good thing to lose yourself in the thinking why is it not a good thing because it makes your life miserable and if you make your life miserable you make other people's lives miserable without even knowing what you're doing that's the essence of unconsciousness the really unconscious people which is still millions billions on the planet they don't know that they are making their lives miserable and other people's lives miserable or as somebody once put it they know not what they do

[Speaker 3] (2:02:47 - 2:03:00)

and here you can learn to become comfortable with the beautiful state of not thinking

[Speaker 1] (2:03:03 - 2:03:53)

become familiar with that experience how lovely it is not having to think just being aware not interpreting continuously drawing conclusions pronouncing judgment upon situations events people compulsion to judge whatever arises in the present moment immediately have a personalized relationship with it like dislike want should have should

[Speaker 3] (2:04:07 - 2:04:36)

all that kind of thinking becomes a false self and as you i'm sure realize

[Speaker 1] (2:04:39 - 2:10:25)

not to think is to be alert but in a relaxed way not a tense alertness not that kind of alertness it almost seems contradictory the relaxed alertness now if you're still it could

happen that you suddenly become very tired and before you know it you have fallen from being above thinking you have fallen below thinking and from there you can go further into sleep but that's not what we're doing here we're not falling below thinking if it happens then when you notice it awareness the moment you notice it there's a choice and awareness can return has returned in a way already when you notice it so as i've said many times you can be free of thinking by falling below thinking you can be free of thinking by rising above thinking what this is about is rising above thinking and then you can use thinking even while you're thinking there could still be an awareness in the background so there's still the dimension that is above thinking is still there even while you're thinking in other words you don't lose yourself in the thinking it doesn't become a raging torrent a river that drags you along and most importantly you no longer derive your sense of who you are from thought from judgments in your head which are thoughts from opinions of who you are viewpoints not even knowing that these are opinions of viewpoints mistaking them for reality all those things like the thought that you are a success in life or the thought that you are a failure both if you believe in either one of them that's an important aspect of the ego that's the false self that is a thought it tells you who you are but what meaning does it really have the world in which we live the collective consciousness or unconsciousness has certain ideas about what success is and what failure is but they may be deluded because ultimately the world is not all that sane it has a strong element of craziness so if you believe in what the world tells you who you are then you believe the world is not a hundred percent crazy but has a strong element of insanity in it so you're not a success you're not a failure you are presence

[Speaker 3] (2:10:25 - 2:11:17)

conscious presence you're not young or you're not old you are conscious presence you're not a man or a woman you are conscious presence let's demand bathrooms for people who are present

[Speaker 1] (2:11:17 - 2:12:27)

that's a new idea who are neither man nor woman who have realized who they are beyond gender and yet on the outer levels you're still here as a form identity and that's fine but don't look for yourself in the form identity there's never any lasting satisfaction there i mentioned success and failure young and old male female all being constructs

[Speaker 3] (2:12:28 - 2:12:47)

that belong to the world of form don't look for your identity their thought forms

[Speaker 1] (2:12:48 - 2:13:49)

victim identity triumph are you the one who has power you see yourself as powerful and then a big one is victim victim identity is very prevalent and another trap satisfying to

the ego it likes to attach itself to that you can be a victim of one person in a personal sense i'm not denying that there may have been people who did bad things to you that hurt you but to make that into a thought form and then derive your sense of who you are

[Speaker 3] (2:13:51 - 2:14:11)

from the mental image of victim keeps you trapped in ego and makes you ineffective and powerless

[Speaker 1] (2:14:12 - 2:19:10)

ultimately you are conscious presence and another trap is a collective victim identity very popular these days and of course yes things have been done to groups of people suffering inflicted by one group on another smaller group and you can see and acknowledge all that but the danger is to derive your sense of self from that mental image being a victim of other people and then with that comes the sense of righteousness condemnation of others sense of anger sense of resentment all these things that ultimately keep you trapped so the shift in consciousness is shaped from being identified with form being identified with thought emotions that go with thought the image of the body physical body identification with that is those things is ego and then you realize how insubstantial all that is and you go deeper and then you identify with presence you are the presence in bodhis terminology that's the no self but that is misunderstood by people who haven't accessed that dimension within themselves and that includes most academics and university professors who teach Buddhism and even many Buddhist scholars as the Buddha taught there is no self the self is an illusion and that's the egoic self and then there's the liberation from that delusion and whatever words you use to talk about the liberation from the delusion doesn't really matter they're just words you can say that's the big self that transcends all the small selves or that's no self just words as i've said before and also in wrote about it in a book jesus also talked about the self the illusory nature of the self in the simple teaching deny thyself in the old translation more modern deny yourself i don't know what they have in the most recent translations into modern very modern english or whatever language the danger is always that the people are trying to find a more contemporary translation have haven't understood the deeper meaning of the original saying and then they reduce it in their translation they reduce it to their limited ultimately erroneous understanding of it so the older one is actually not bad deny thyself

[Speaker 3] (2:19:12 - 2:19:23)

what does it mean it implies that the self

[Speaker 1] (2:19:24 - 2:55:15)

is not real otherwise what would be the point in denying something that is real would be

absurd you can't deny reality so these two words by Jesus deny thyself imply obviously that the self that is to be denied is not real and so to deny it's not real it's an illusion mirage to deny thyself then must mean to recognize the illusion to recognize the self as an illusion ultimately and that's the only way that that statement by Jesus can make sense and it makes perfect sense on that level he is saying exactly the same as the Buddha so I wanted to paraphrase that statement deny thyself I would say recognize the unreality of your self of that self and once you've recognized the unreality when you have denied it remove it let's spend just the last part of our meditative discourse or meditation in stillness you could close your eyes or you can look into my eyes and recognize your own presence there remember you are not looking at a person because I'm not thinking there is no person just awareness there there isn't my awareness and your awareness my consciousness and your consciousness there's only the one consciousness and I am that and you are that good evening so let's become present presence is a state of consciousness that transcends thinking thinking can happen against the background of presence speaking can happen against the background of presence which simply means the mind can be active and at the same time you can be aware of yourself which does not mean aware of the historical person but be aware of yourself as awareness now for you here now you're listening so there's a small amount of mind activity through the listening because after all your mind needs to decipher the sounds but that's quite easy for the mind to do and so as you listen and look you can be aware of yourself as a conscious presence being aware of yourself as a conscious presence as consciousness being aware of your own awareness so thinking can happen against that background of awareness speaking can happen but it's also possible for the complete cessation of mind activity to happen and happen is not the right word to be there that you may notice it in the gaps between words or sentences you can be aware so acutely aware that thinking does not arise anymore you have risen above thinking or transcended thinking a state of consciousness higher than thinking in which thinking can operate doesn't have to transcend means it's gone beyond it's not eliminated you're able to use your mind when needed but you have the choice and this is the radical step into a new state of consciousness you have the choice not to think that's an amazing thing and not everyone here tonight is able to have that choice yet but many of you are and we are here to strengthen that ability to rise above thinking when you rise above thinking you also rise above the person or the personality which of course can still operate and does operate in everyday life but another dimension is present another dimension to who you are and if you even want to use the word enlightenment what it means is that in addition to the personality the person a deeper dimension is present whether you call it deeper or higher it doesn't matter a deeper or higher dimension of consciousness that is more essentially you than thinking more essentially you than your personal history and in that all the other things that for most of your life you had been identified with as yourself such as the physical body whether you're a man or a woman your background your upbringing your achievements your failures your knowledge your abilities your likes your dislikes your opinions all these other things that in the so-called normal state of

consciousness give people their sense of who they are all those things are recognized as not self of course if you know a little bit about buddhism or a lot about buddhism you recognize in this the teaching of the buddha and the pali scriptures the word is anatta not self or no self it's a recognition that all the things that had given you your sense of self are ultimately illusory and are not yourself so your sense of self is no longer in all those things although they still exist for you on the level of the person and that's a big relief because you're no longer looking for yourself where you can't be found you're no longer looking to strengthen yourself by strengthening an illusory construct with the inevitable frustration and suffering that it leads to and with the inevitable misinterpretation of other people of yourself of situations because if you live through an illusory construct of your mind whatever you perceive whatever situation you are in your relationships with people will reflect that illusion and that illusory construct the egoic self the mind made self creates an enormous amount of unhappiness in your life or as the buddha called it suffering which can also be translated as misery or unsatisfactoriness and in that illusory state when you derive your sense of self from this illusory construct you don't realize that most of your suffering is created by your state of consciousness and you think the cause of your suffering is suffering and suffering is a generic term it's any form of unhappiness upset discontent frustration anger despondency irritation you think that all your unhappiness in whatever form is caused by factors outside of you other people situations events things that happen or fail to happen when they should be happening according to your mind things that people do or fail to do according to your mind situations or places that are found unsatisfying when they should satisfy you according to your mind so you can observe this at work even when slight upsets arise in your life where do they come from or bigger upsets and then you can if you're aware enough in that moment and i recommend that you use any form of upset as a signal that more awareness is required that you need to become present and then you discover that in most cases the upset is caused by your mind and a misinterpretation of situations and people and so on the mind creates a gap between the isness of things which it cannot accept so there's a gap between what is and what should be and then you start complaining about situations and people and you become anxious or angry or frustrated it's tedious to live like that and people live like that all their life and all that is dukkha misery suffering and unsatisfactoriness unhappiness but the egoic mind doesn't even recognize it as such to the egoic mind it's enjoying itself the egoic mind enjoys unhappy states it strengthens itself through unhappy states so the egoic mind a lot of the time doesn't even recognize suffering as suffering it believes implicitly it's a good thing that you are angry now with that person or about that situation you have the right to be angry these people shouldn't behave like that the situation shouldn't be as it is he shouldn't have said that he should have said that you can apply to yourself i should have in other words normal existence is like that there's a line in the course in miracles says i'm never upset for the reason i think that's interesting so if you're upset about something that somebody did or failed to do how is that true that you're not upset for that reason well the reason is you're upset because your mind your unconscious

unobserved mind is creating a gap between what is and what should be and by focusing on what isn't on what should be it creates dukkha and in creating dukkha unhappiness in whatever form upset it strengthens itself a simple mechanical operation so the upset isn't created by that thing it's created by a dysfunction in your mind and ultimately every upset is there because you are not rooted in that deeper or higher dimension of consciousness that is presence awareness not being in conscious connection connectedness with that means that life has that tendency of being upsetting frustrating and to the ego that's a good thing because without that it can't really even survive without complaining and saying what should and shouldn't be and so as you bring a deeper state of consciousness or higher state of consciousness to situations and people that make up your everyday life you find that things become greatly simplified without the egoic misinterpretations of reality and you don't continuously construct stories anymore on the simplest levels stories that create unhappiness upset stories that you completely believe in stories like he let me down and without that story all that's left is he didn't turn up he wasn't there was supposed to be there but he wasn't there that's all he promised something but he didn't follow up didn't do it don't impose any more any additional story on him that's all no longer a gap between what is and what should be should have been in which the ego strengthens itself she betrayed me deep betrayal another story she went off with another man or he with another woman or another man he or she acted according to his or her level of consciousness or unconsciousness at that time impulses rose whatever but you can see the difference is no longer a self in this misinterpretation that creates the misinterpretation of reality that creates the layer of suffering and that's what zen teaches it looks at the situation and this is what is finished not talking about picking up the phone telling stories of what he did or she did or didn't do and she goes on and on no this is what is finished no problem if you can take action to do something about it you do it if not you don't you don't expect any more that situations or people should be satisfying satisfy you or be fulfilling or be absolutely reliable reality is not it's a continuous flux it's not reliable you can't rely on stuff that is totally impermanent as the buddha kept saying everybody's state of consciousness is impermanent you know a person and that human being manifests different states at different times sometimes a person may be very unconscious and other times relatively more conscious and act according to that level at that time that's just how it is so the great liberation is that you don't go around this world as a judge of things and people whether you judge out loud or just in your mind it's the same thing pronouncing judgment upon the world situations and people always found wanting not good enough and once you recognize that it's actually funny so as a spiritual practice you could see if you can spend one day without judging just accepting everything immediately as it is if a day is too much just start with an hour no complaining no judging no blaming to be able to do that you need to be aware without the awareness your conditioned mind the egoic conditioned mind does what it always does creates unhappiness and loves it without knowing it doesn't know that it loves it so but you cannot change yourself only the awareness can do that not not the you as the person so in those moments when you're

not being challenged by life become familiar with that beautiful state of pure presence pure awareness cessation of thought not through suppressing thought outshining thought and if you invite that into your life at those times when life is not challenging when you're looking around sitting in a room waiting somewhere then it's more likely that the awareness will still be there when challenges come which normally would trigger the egoic reactions so thank you for being here be well be present be at peace

[Speaker 2] (2:55:31 - 2:56:18)

and now breaking the habit of negative thinking and self-talk session four welcome to our live

[Speaker 1] (2:56:18 - 3:34:55)

meditation what's the most important thing in your life it's to discover the unconditioned dimension of consciousness the unconditioned dimension to who you are you the unconditioned you the unconditioned i which has nothing to do with your past or your physical body or your personal personality and the unconditioned dimension is not something that you achieve because it's already here it's something you just something to discover here and now achievement if you think in terms of achievement and associate achievement with spiritual awakening enlightenment realization achieving the unconditioned consciousness if you use the word achievement or if that's the underlying assumption that it is an achievement there's an implication that it's in the future because you need to achieve it there's something to achieve you're pushing it away out of the presence and so you miss it again because you're trying to achieve it and continuously as long as you're trying to achieve that spiritual realization or whatever you want to call it then it's always one step away from you or a hundred steps or a hundred miles or a million miles it doesn't matter whether it's one step or a million miles it's not here that's the underlying assumption and so you cannot discover it because you think it's something to achieve and the thought that there's something to achieve in the future prevents you from discovering what's in the present on other levels of your life achievement is fine it's it's good to achieve certain things to learn something new to bring something into manifestation to create something even to have goals but when it's about finding out the deepest reality of who you are the very foundation for your life your existence then the idea of achievement is a hindrance so the unconditioned dimension of consciousness is to be discovered it is one could almost say hiding or concealed covered up behind and in between your thoughts behind and even within all sense perceptions and so to discover it you need to find that space in your consciousness in consciousness where you're not thinking so to stop thinking may not be the best way of pointing towards it although i might have used that expression a few times to stop thinking again implies that there's some active doing involved it might also make you believe that thinking needs to be forcefully pushed out of your consciousness which is not how it works it's to discover that that space of not thinking is already there

between when one thought subsides before the next thought comes there's a space of pure awareness without mind activity you can do it here because this is a live meditation whenever i'm not speaking which is part of the time here be aware that i'm not speaking so we have the gaps between one sentence and another sentence between one word and another word the moment you become aware of the gap like now you're not thinking it's very subtle and very simple and yet that's the most important thing in your life to become familiar with that dimension conscious without thought spacious still but alert not the stillness of moving towards sleep but alert stillness so in daily life become aware of that space that inner space of alert stillness as much as you can initially you may need a crutch so to speak something that helps you for example alert sense perception especially looking at something like the sky which is spacious without imposing any thought on it but being aware of the one who is looking whatever you look it might be the sky it could be other things too you're looking at something at the same time you're aware that you are looking not when i say you it's not the historical you not the person but you as the consciousness so there is a self-awareness behind the sense perception not the personality self the essence self which is formless and because it's formless the buddha used the expression no self because he associated self with form anything that is separate sense of identity that's what jesus pointed to nobody understood it at the time not even for 2 000 years afterwards deny thyself there are other translations that would be more suitable so look away from the self that what you can usually consider yourself look deeper recognize the ultimate unreality of the conditioned self so becoming familiar with awareness or presence pure awareness pure presence in daily life of course here especially becoming familiar with just being present as you know we can use your breath awareness to take you also out of thinking become present feel the inner body also can be a crutch or a portal into it and then a time comes and it may be now don't wait for it when you can just go step out of thinking without needing anything to help you step out of thinking you can just go okay i'm not thinking now and then you look around wherever you may be whether you are in surroundings that are pleasant conducive to meditation it could be could do it there or whether you're in surroundings that are challenging and you suddenly discover that the main challenge is not your surroundings or your situation but your thoughts about it and even at that moment you can step out of thinking which implies that you accept that moment completely because the moment you step out of thinking there's nobody there to argue with what is because arguing with what is is thinking the moment you step out of thinking it implies there's complete alignment with the business of this moment you're not arguing with it anymore which is totally futile which causes suffering unhappiness and suddenly the situation may still be challenging on a practical level but it's no longer challenging on a psychological level in other words it doesn't make you unhappy anymore you're not unhappy not because you've pushed unhappiness away suppressed it no it dissolved because it was created and sustained by thinking so it's wonderful to discover in challenging situation but you can step out of thinking there too and some people need a challenge to be able to to be motivated to take that step out of thinking and they can't

stand this unhappiness anymore and suddenly realize it's basically my thinking that's making me unhappy and not what's happening and they step out of thinking and for people who go through extreme suffering that's the erosion of the ego that can happen in that way because the ego is identification with thinking when you're not thinking there's no ego and if your life situation is so unpleasant that you can't stand the suffering anymore then the unpleasantness the challenging life situation forces you if you are ready for it forces you out of thinking well that's through serious illness serious loss and so on but i suggest to you here that you don't wait for life to force you out of thinking but voluntarily step out of thinking it's an evolutionary leap that step it's your jump out of thinking either because you can't stand the suffering anymore or if you are advanced enough voluntarily and this is what why we're here what's happening here and even while you think after a while you can notice that there's not a complete loss of awareness in the background even while you're thinking so at times it's wonderful to have these spaces of no thought and it's vital whether it's five seconds or 20 seconds or half a minute doesn't matter that's the evolution of consciousness that's the awakening and gradually you no longer rely on thinking for your sense of identity who you are sense of self which is always a fragile sense of identity vulnerable always lacking this or that never satisfied for long and then the sense of self shifts to presence you are essentially the presence awareness no form no past no future so then you're no longer dependent on the ups and downs of the your personal existence because there'll always be ups and downs gain and loss but it's not that important anymore but you honor it of course that level of existence has a certain reality but not an absolute reality becomes a little bit like a dream whatever happens in your life but you can make it into a more pleasant dream some people need the dream to become a nightmare to be forced into forced out of thought and into awakening but when you're not identified with the conditions then this the dream of ordinary existence almost by itself becomes more pleasant not threatening anymore because you're awake in the dream lucid dreaming means you're awake when you're actually having an actual dream you suddenly realize that it is a dream that's called lucid dreaming that is quite an adventure if you can be awake within the dream at night you're dreaming and suddenly oh this is a dream it makes it so interesting and you're no longer totally controlled by the dream you're suddenly awake in it you'd say oh i could do anything go anywhere or if there's a monster then you still know well it's a dream so the monster isn't really that bad and as you can have lucid dreaming it's more important rather than trying to have lucid dreams at night it's more important to practice lucid living which is a bit similar so whether you are let's say in a luxury spa sitting in hawaii somewhere surrounded by palm trees and there's the ocean somebody's bringing you a delicious drink or your body is being rubbed with fragrant oils or whether you had a bus stop somewhere it's cold and rainy and it's night time and the bus isn't coming and you're waiting to get home to your dinner of baked beans on toast it used to be my dinner often when i had very little money in england it's not bad baked beans on toast so here you have two situations you're cold and shivering and the bus isn't coming and you have a little room somewhere in either case the question is can you be aware of your

essential presence behind the phenomena that you're experiencing so if you can be aware of in other words able to step out of thinking and be there as the presence and against the background of presence you're perceiving this moment on one hand maybe it's the same person different times in his or her life there you are in hawaii perceiving the pleasurable sense perceptions there you are at the bus stop in the middle of the night in a cold country raining bus isn't coming not a great dinner to look forward to and there you step out of thinking and you can sense the underlying essential beingness of presence and then you take in those sense perceptions and then you'll find on a deeper level your state of consciousness is the same in either situation and that's an amazing thing it does not mean you cannot have a preference of course you have you would prefer to be in hawaii on a in a spa if that's what you like or some pleasant surroundings to being in surroundings that are not in terms of sense perception sensory experience not so pleasant or unpleasant of course you would prefer to be in a nice warm nicely furnished house rather than spending a night on a park bench in the cold or in a shelter for homeless people of course you have a preference and of course if you are in a shelter for homeless people you may want to take action towards changing your situation as soon as you can but while the moment is as it is you can be aware of your essential beingness of presence your true identity and that is lucid living you're awake in the dream which means the way in which you experience the dream of i'm not talking using the word dream as an analogy for normal life experience the way in which you experience the dream changes if you are lucid in the dream even at night time that applies to how you experience a dream at night if you're aware that you're dreaming changes you may still prefer to have a pleasant dream but even if you're having an unpleasant dream there is the essential awareness behind it that is not affected by it and the deepest satisfaction in life is to be aware of yourself as the underlying awareness i sometimes call that being rooted in being so there's being and then there is existence existence is whatever happens it changes all the time things come things go one challenge dissolves or is overcome and then quickly another challenge appears that's part of existence existence is never free of challenges both for the individual and for the collective you just need to listen to the news or watch the news to realize that on a collective level there's a never-ending succession of challenges that humanity faces or different groups face and sometimes it seems and people say what's it's really getting so much worse and it's never been as bad as it is now different challenges by the way if you think this is bad the collective situation now you would not think so if you had lived through the first half of the 20th century but what i'm really pointing to is the challenging nature of existence and i would suggest to you that why it is challenging is it's challenging first of all because human beings don't know who they are they pursue an egoic sense of self collective or individualized and then it's ego against ego collective or individualized a lot of human self-generated suffering comes out of that unawakened state of consciousness in other words the greater part of human suffering comes is generated by humans themselves they inflict it on themselves and on others and that creates suffering but eventually suffering becomes like an alarm clock that awakens you

that pushes you out of the egoic state of consciousness so it's good that life is challenging because otherwise consciousness would not awaken we would continue in a state of semi-sleep or complete sleep and as i've said probably many times before i'll say it again the word existence another word for it is not here to make you happy it's here to wake you up because existence is challenging and only that forces you into awakening eventually so there's existence is whatever happens and there is being underneath it they're not really separate existence is the surface of life the waves on the surface of the ocean the ripples the storms and being is the depth of the ocean and you can enjoy the existence truly only when you're no longer dependent for your fulfillment on what happens or doesn't happen only if you're awake in the dream of existence can you really enjoy the existence as the play as it's called in india the divine leela the divine play of phenomena and you realize your sensual reality as the being underneath it i am to be and i am on the same word to be is the infinitive i am is the first person singular the beingness of you and that's the same thing as when i use the word human being existence is the human being is the unconditioned behind it so your task in this life is not to get totally identified with the human level but stay rooted in the being and then we bring the being into the human and only then do you become a true

[Speaker 2] (3:34:56 - 3:36:23)

human being thank you this concludes breaking the habit of negative thinking and self-talk with ekhart tolle thank you for listening for more information about ekhart tolle's work and his teachings please visit ekharttolle.com the music on this program is as clouds dance by byron metcalf from the sounds true release inner rhythm meditations copyright belongs to ekhart tolle 2022 phonographic rights belong to ekhart teachings inc 2022